TEMPEH RECIPES FOR RLMI JUMPSTART

TEMPEH is a fermented product made from the whole soybean, and it is an especially healthful soy product. You can find it in the refrigerator case at your natural food store or section of the supermarket.

NOTE: If you look through the cellophane of a tempeh package, you will notice that it has grayish-black spots or streaks. Don't be dismayed; it is not a sign of spoilage. That is what the fermentation process does to the soybeans, so don't worry about it—it's meant to be that way.

Even if tempeh doesn't need to be cooked, it is a good idea to poach it before you start your recipe.(In the past some tempeh needed to be cooked but currently all brands would seem to be fully cooked.)

To poach the tempeh, cut it in pieces so it will fit in a single layer in a shallow pan; add liquid to cover or almost cover, and flip the tempeh at least once during the braising to get the flavor throughout the piece. It's good to poach the tempeh in something with a little flavor like white wine or vermouth, or red wine depending on the recipe; it takes the bitterness out.

Here is the TEMPEH TREATMENT from your Jumpstart Guide:

TEMPEH TREATMENT
for one 8-oz package tempeh:

Put 3/4 cup water, 1 tbsp soy sauce and 1 tbsp seasoned rice vinegar in a saucepan with the tempeh. Instead of the seasoned rice vinegar, you can use 1 tbsp mirin (sweet Japanese cooking wine, found with Asian or macrobiotic ingredients) if you have it; or 1 tbsp Chinese cooking wine; or 1 tbsp white or cider vinegar or 1 tbsp white wine mixed with 1 tsp maple syrup. Seasoned rice vinegar and mirin both already contain some sweetness.

Gently simmer the tempeh in the liquid till it's absorbed. Watch carefully so tempeh does not burn. This treatment takes the bitterness out of the tempeh. You can use cubed, grated or crumbled tempeh as a meat substitute or instead of beans in any dish.

The following recipes are all from Isa Chandra Moskowitz. You might like her website: theppk.com

SPICY TEMPEH AND BROCCOLI RABE WITH ROTELLE (Isa Chandra Moskowitz, *Veganomicon*)

¾ lb pasta, rotelle or similar shape
8 oz. tempeh cubed*
Bunch of broccoli rabe (also known as broccoli raab, rape, or rapini)

To cook the tempeh you need: ½ cup vegetable broth, soy sauce, 1 T tomato paste, 1 T fennel seeds (crushed or ground), red pepper flakes, 1 tsp oregano, minced garlic, 1 tsp red wine vinegar

To cook the broccoli rabe you need: minced garlic and onion, ¼ cup white wine or veg broth, 2 tsp. red wine vinegar or balsamic vinegar, ¼ tsp salt, ground pepper

Braise the tempeh in ½ cup or so veg broth whisked with those other things, until it has kind of absorbed the liquid. Separately, cook the pasta. In another pan, sauté the onion and garlic in a small amount of water or wine, then add more wine or broth (you could even use water) and the vinegar and sauté/steam the broccoli raab until it is done. Then you just toss together the three parts: the pasta, the tempeh, and the broccoli.

TEMPEH HELPER
(For those who fondly remember Hamburger Helper and Tuna Helper!)

2 tbsp water
8 oz tempeh
3 c water
6 oz small shell pasta (about 1 cup)
Handful of frozen green peas

Seasoning mix:
2 t onion flakes or powder
1 t garlic powder
1 t dried thyme
1 t dried oregano
1 t mild chili powder or paprika
⅛ t ground pepper
2 T vegetarian broth powder (optional)
2 t cornstarch
¼ t salt

Give the tempeh the TEMPEH TREATMENT (recipe on this page). In the meantime, mix

the seasoning together in a bowl. Add 3 cups of water to the tempeh in the skillet along with the seasoning, and stir thoroughly. Add pasta and bring to a boil; once boiling, reduce the heat to simmer, cover, and cook 10 minutes, stirring once. Remove lid and continue cooking until the sauce is reduced and thickened to your liking, about 3 minutes. Serve with EAZY BREEZY CHEEZY SAUCE if desired.

EAZY BREEZY CHEEZY SAUCE

¾ cup nutritional yeast (available in bulk in natural food stores, and sometimes on the shelf in a bag or jar)
¼ cup unbleached or whole wheat flour
2 t garlic powder
2 t onion powder
¼ t salt
⅛ t turmeric
2 T broth powder such as Frontier chicken-style*
2 c water
1 t wet mustard

Mix dry ingredients in bowl. Add water and whisk till smooth, then pour into medium-sized pot. Cook on medium heat, stirring often; when sauce reaches a boil, reduce heat and cook another 5 minutes, stirring almost constantly, until it has a smooth melted cheese consistency.
*You may not need the broth powder.

TEMPEH ORZILLA
"The pasta that looks like rice and destroys all in its wake."

8 oz tempeh
2 tbsp water
½ t dried coriander
½ t fennel or anise seed
1 T soy sauce

8 oz orzo
1 red onion, thinly sliced
4 cloves garlic, minced
½ c sun-dried tomatoes (dry, not packed in oil)
½ t dried rosemary
1 cup dry white wine
½ t salt
Black pepper
1 cup vegetable broth
2 T nutritional yeast (available in bulk in natural food stores)
3 cups baby spinach (or a lot more)

Tear tempeh into bite-size pieces and steam for 10 minutes. In a pan, sauté tempeh in oil or water 10 minutes, mashing it into crumbles while stirring. Add spices and soy sauce, sauté another 2 minutes, then turn off the heat and cover. Boil the orzo till *al dente* and drain. Set aside. In a large skillet, sauté onion in water about 5 minutes, adding the garlic towards the end. Add sun-dried tomatoes, rosemary, wine, salt and pepper; simmer till the liquid is reduced by half, about 5 minutes. Add broth and and warm through. Add spinach and cook till the spinach wilts. Turn off the heat; stir in the orzo and tempeh crumbles, and serve.

TEMPEH CHIMICHURRI (Serves 2) (spicy!) (Brings together Indonesia (birthplace of tempeh) and Argentina (chimichurri). Good with baked potato or rice, and sautéed or steamed veggies.

8 oz tempeh, sliced into 8 thin slabs (slice in quarters, then in half horizontally)

<u>For the chimichurri:</u>
4 cloves garlic
1 c loosely packed fresh cilantro
1 c loosely packed fresh parsley
1 t dried oregano
¼ c red wine vinegar
2 T rice vinegar
½ t red pepper flakes or to taste
½ t salt
3/4 c veg broth

<u>For the cooking marinade only:</u>
1 T tamari or soy sauce

Give tempeh the TEMPEH TREATMENT (other side). Meanwhile, blend chimichurri ingredients in food processor until relatively smooth.

When tempeh is steamed, pour half a cup of chimichurri into a measuring cup and add the soy sauce. Reserve the rest of the chumichurri for pouring over the cooked tempeh. Place warm tempeh on a plate and pour marinade over. Rub the marinade into the tempeh. Let sit for an hour, flipping once, and rubbing in the marinade again.

Cook the marinated tempeh in a non-stick skillet for 4 minutes on one side, then flip, add any remaining marinade from the plate, and cook 3- 5 minutes longer. As a variation on this technique, you could bake the tempeh in a 350 degree oven on a non-stick cookie sheet for 10 min. on each side. Serve tempeh drizzled with more fresh chimichurri. ♦